

## On-Campus Resources

### ***E-CARE***

Comprehensive concussion treatment & support from EUSHS and Emory athletic trainers

<https://www.shspnc.emory.edu>

### ***Office of Undergraduate Education***

Assistance with course & academic accommodations

Communication with professors

<http://college.emory.edu/oue/>  
404.727.6069

### ***Counseling & Psychological Services***

(CAPS) - Emotional support for students as they recover from concussions

<http://studenthealth.emory.edu/cs/>  
404.727.7450

### ***Access, Disability Services & Resources***

Assistance with accommodations for students recovering from a concussion

<http://catalog.college.emory.edu/community/disability.html>

404.727.9877

### ***Student Success Programs & Services***

Assistance with accommodations and other needs

Email: [adrienne.slaughter@emory.edu](mailto:adrienne.slaughter@emory.edu)

## Additional Concussion Information

### ***Centers for Disease Control & Prevention (CDC)***

<https://www.cdc.gov/traumaticbraininjury/>

### ***Return to Learn After a Concussion:***

<https://www.cdc.gov/headsup/index.html>

### ***Sports Concussion Institute***

<http://concussiontreatment.com/>

### ***NCAA Concussion Guidelines***

<http://www.ncaa.org/health-and-safety/medical-conditions/concussion>

### ***National Athletic Trainers Association***

<http://www.nata.org/practice-patient-care/health-issues/concussion>



**C** OMPREHENSIVE  
O NCUSSION  
**A** PPROACH FOR  
**R** ETURN TO  
**E** XCELLENCE

## E-CARE

### Emory's Comprehensive Concussion Program for Students



EMORY  
UNIVERSITY

Student Health Services  
Campus Life



EMORY  
UNIVERSITY

Office of Health Promotion  
Campus Life

### ***What is E-CARE?***

E-CARE is Emory's comprehensive concussion treatment, support, & prevention program for students

We care about your safety and well-being, so we are here to help you recover and return to excellence!

### ***E-CARE: Step by step***

- 1.** When you think you or a friend may have suffered a concussion, log on to your Student Health Services Patient Portal and make an appointment, either same day or as soon as possible. If you have trouble finding an appointment, call 404-727-7551

- 2.** Once evaluated at Student Health (located at 1525 Clifton Road NE), you will be connected to one of Emory's Athletic Trainers\*

- 3.** The athletic trainer will help continue your care, including specialized concussion testing, and be a primary resource for you during the recovery process

- 4.** The athletic trainer will help guide you through your return to the classroom and exercise, and return you to excellence

*\* An athletic trainer is a certified health care professional who practices in the field of sports medicine*

### ***What is a concussion?***

A concussion is a traumatic brain injury. It is an alteration in mental status, with or without a loss of consciousness.

Concussions can be caused from direct or indirect contact of an object hitting the head, the head hitting an object, or even just a sudden, violent movement of the head without contact.

Concussions don't just happen to athletes: you can get a concussion from being hit in the head with a ball, falling out of your bunk bed, or slipping and falling on your head.



### ***Common Signs & Symptoms***

Headache  
Dizziness  
Loss of balance  
Confusion  
Memory loss  
Difficulty concentrating  
Nausea  
Weakness, numbness  
Sensitivity to light

## ***Concussion Recovery***

### ***What about class?***

You need cognitive rest to recover from a concussion. This means avoiding things that cause heightened brain activity such as studying, using the computer, texting, or video games.

To start, you should remain in your residence hall, apartment, or home with minimal noise.

Once the athletic trainer says you can return to class, you should have 15 minute breaks after every 30—45 minutes of cognitive activity.

It is important to communicate with your professors and let them know that you have a concussion and that you are in the E-CARE program.

**You may need to reschedule exams or due dates...that is okay! The health of your brain is the most important thing!**



### ***What about staying active?***

It is important that your brain heals before participating in active events—such as working out or playing sports. Avoid ANY physical activity until cleared by EUSHS and/or your athletic trainer.